

# Healthy You

SEPTEMBER | OCTOBER 2012

## School's In

Tips for parents and kids,  
pages 1 and 5



A PASSION FOR BETTER MEDICINE. <sup>SM</sup>

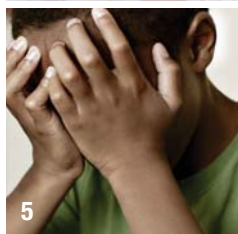


# Healthy **YOU**

SEPTEMBER | OCTOBER 2012



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5



10



14

## On the cover:

It's back to school time for 11-year-old Damon and 14-year-old Jasmyne of Northampton and thousands of other children. Get tips for packing healthy school lunches and preventing teen bullying starting on the opposite page. Photo by Olaf Starorypinski

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## Read Healthy You Online

It's just like holding the actual magazine, only better! You can flip through the pages and click on the links to get more information. Visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou) to try it.



# Your Guide to Packing Healthy Lunches

Start your child's school year right



You've bought the supplies, covered the books and even sharpened the pencils. Now comes the hard part—packing a school lunch that's healthy *and* that your child will eat.

Help is on the way, thanks to pediatrician Renee Morrow-Connelly, DO, and registered dietitian Michelle Martucci with Lehigh Valley Health Network. Here is a sample lunch menu that will help take the stress out of packing, along with tips to keep you (and your child) happy throughout the school year.

**Next Step:** Get recipes for healthy blueberry-banana muffins and other "week one" items. Visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou) or call 610-402-CARE.





**Sherrie Zacker of Emmaus** helps her daughters Sophia and Brooke choose from healthy options while packing lunch.

## WEEK ONE

### MONDAY

- Natural peanut butter and banana sandwich on two slices of whole-wheat bread
- Celery and green pepper slices
- Low-fat string cheese

### TUESDAY

- Turkey and cheese wrapped in a whole-wheat tortilla
- ½ cup pineapple chunks
- 1 serving broccoli salad

### WEDNESDAY

- 3 tablespoons of hummus with one mini pita and 6 cucumber slices
- Greek yogurt
- 1 cup grapes

### THURSDAY

- Tuna fish (made with low-fat mayo) on whole-wheat bread, topped with lettuce and tomato
- ½ cup cantaloupe

### FRIDAY

- 1 hard-boiled egg
- Blueberry-banana muffin
- Small container light or fat-free yogurt
- 10 baby carrots with 2 Tbsp. light ranch dressing

## PACKING TIPS

### MUST-HAVES

- Protein
- Whole grains and other fiber-rich foods such as fruits/vegetables
- Water or low-fat milk (1 percent or fat-free)

### NEVER-HAVES

- White bread
- Prepackaged kids' meals
- Juice, soda and other high-sugar drinks

### HOW TO PACK IT

- Use an insulated lunchbox that will keep cold foods cool and hot foods warm.

### PICKY EATER

- Try several times—and several ways—to get your child to eat healthier foods. "Take your child grocery shopping and let him choose from different healthy items," Morrow-Connelly says. "That gives him a vested interest in his lunch."

# {Get!Started}

Use these tips and start your personal journey to better health today.



## Get Your Flu Shot

**Even if you were vaccinated against the flu last year, you need a new vaccine this year**, says Terry Burger, RN, director of infection control and prevention for Lehigh Valley Health Network. Strains of the flu virus change rapidly and travel the globe—and this year's formula covers two strains last year's didn't. "It's not a matter of if you're old, young or high-risk," Burger says. "Everyone over 6 months old should get vaccinated."

The health network will offer drive-through vaccinations at Dorney Park and Coca-Cola Park in Allentown, Nov. 3-4 (see page 20). "Past waits have been less than 15 minutes," Burger says. "You don't even have to get out of your car."

## Practice Cycling Safety

**There is still plenty of time to get on your bike and ride this year.** When you do so, follow these precautions from the American Academy of Family Physicians:

- ✓ **Wear a helmet** to protect yourself from head injuries.
- ✓ **Wear sports glasses** to protect your eyes from dust, bugs and irritants.
- ✓ **Wear bright, reflective clothing** to help drivers see you.
- ✓ **Use padded gloves** to prevent blisters.
- ✓ **Use padded shorts** and a cushioned seat for comfort.
- ✓ **Use an appropriate light** or avoid biking when visibility is poor.
- ✓ **Stay alert.** Know your surroundings at all times.





!   
 23   
 new   
 exam   
 rooms

## Step Inside the Expanded Children's Clinic

**The Children's Clinic, a resource for families and children who need it most,** recently expanded at Lehigh Valley Hospital–17th Street. Among the new features: larger rooms, shown here in use by Gina Banta, RN, and 6-month-old Tommy of Allentown. The 23 new exam rooms are former patient rooms, making them large enough for a table where patients' siblings can sit and play during visits.



## Meet 'Larry the Kayaker'

**Nearly two years ago, Larry Rafes of Palmerton received the gift of life with a kidney transplant at Lehigh Valley Health Network.** Now he's thriving—and he recently took a weeklong kayak trip to celebrate his new life and raise awareness for organ donation. See a video of his inspiring story at [lvhn.org/healthyyou](http://lvhn.org/healthyyou) and learn more about the Lehigh Valley Health Network's kidney transplant program.



# Top 5 Health Facts You Need to Know

Use them to get quality care



**Macy Weidner** of Macungie uses a medication card to track her medications prior to a doctor's appointment, while her twin, Marissa, uses her smartphone.

**When you're at your doctor's office, you know you want the best medical care for you and your family.** But what kind of information do you need to bring with you? Start with these five things—and keep them handy in your wallet, purse or smartphone:

**1 Know your primary care provider.** If you're in a specialist's office, it's one of the first questions you'll be asked. And while organizations like Lehigh Valley Health Network use electronic medical records to track your health information, you still need to know about your primary care doctor too—especially in case of emergency. “Knowing her name and contact information ensures all your medical care details will be sent to her office,” says health network family medicine physician David Afzal, DO. Quick tip: Ask your doctor for a business card.

**2 Know how to read your insurance card.** Your health insurer's name, your policy number and where to call with questions is printed on your card. Familiarize yourself with it and carry your card everywhere. Knowing this information can ease confusion about medical coverage and billing.

**3 Know your medications (this means herbals too).** Some prescription medicines can have more than one name or be used for multiple conditions. Some also may react poorly with other medications or herbal supplements. “Keeping a list helps you avoid any unexpected medication issues,” Afzal says. “If you're not sure which prescription medications you take, ask your primary care doctor for a list.”

**4 Know your allergies.** Are you allergic to medications (such as penicillin)? Do you have a food or latex allergy? What type of allergic reaction do you have (low-level hives or life-threatening anaphylactic shock)? Letting your doctor know helps to keep you safe.

**5 Know your immunizations and prior surgeries.** Give your doctor information about your past care—for example, your recent heart bypass surgery or the date of your last flu shot. “It helps your doctor make the best treatment decisions to get you back on the road to wellness,” Afzal says.

**Next Step:** Find the right doctor for you.

Visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou) or call **610-402-CARE**.

Also call to get a wallet card to list your current medications.



# Ask Our Expert About Teen Bullying

Adolescent medicine doctor Sarah Stevens, MD

## Q What is bullying?

**A:** It's unwanted aggressive behavior that involves physically or emotionally harming someone who is more vulnerable. Cyberbullying—sending insulting messages by phone or computer email—is high among teens.

## Q How widespread is bullying?

**A:** A Centers for Disease Control and Prevention survey found 20 percent of students nationwide in grades 9–12 experienced bullying.

## Q How can I tell if my teen is being bullied?

**A:** He or she may remain quiet out of fear, shame or embarrassment. Be on the lookout for:

- Reluctance to go to school or ride the bus
- Poor school performance
- Headaches, stomachaches or other physical complaints
- Trouble sleeping or eating
- Unexplained bruises or other injuries
- Few friends

## Q How can I tell if my teen is a bully?

**A:** Your teen may be a bully if he or she:

- Gets into fights
- Has friends who are bullies
- Is increasingly aggressive
- Gets in trouble at school often
- Is competitive and worries about being popular

## Q What do I do if my teen is being bullied?

**A:** Encourage him to talk to you. Remain calm, listen and support his feelings. Remind him that he isn't to blame. Also:

- Encourage him to show confidence, stay calm and walk away.
- Don't promote retaliation.

- Suggest sticking with trusted classmates.
- If bullying is occurring at school, contact school officials. Start with a teacher who knows your child well.
- Involve the police if your child has been physically attacked or threatened.
- Consider counseling if his fear becomes overwhelming.
- Don't contact the bully's parents.

## Q How can I help prevent teen bullying?

- A:**
- Keep the lines of communication open.
  - Support your teen's involvement in activities that she feels successful in and that she chooses and enjoys.
  - Keep an eye on your child's online activities and text messaging.
  - Provide a safe, loving and intellectually stimulating home for your child. Simple activities such as helping with homework are linked to reduced rates of bullying.
  - Try to instill a sense of empathy for those who are different. Parents should conduct themselves in a way that shows their children/teens that they themselves have empathy for others. Children learn what they live.



Sarah Stevens, MD,  
adolescent medicine

**Next Step:**  
*Learn about Children's  
Hospital at Lehigh  
Valley Hospital. Visit  
[lvhn.org/healthyyou](http://lvhn.org/healthyyou)  
or call 610-402-CARE.*





# Take Charge of Cancer

Tips, hints and support to help you manage your health



**Brunilda Cardenales** of Allentown (center) received guidance on her cancer journey from (left) Alicia Rivera and Maritza Chicas.

## How a Mammogram Helped Brunilda Cardenales

When she walked into the Community Health and Wellness Center at Lehigh Valley Hospital–17th Street last fall, Brunilda Cardenales knew she'd learn more about how to manage her type 2 diabetes.

But when diabetes education instructor and community outreach liaison Alicia Rivera began reviewing Cardenales' medical history, she was stunned to learn the 57-year-old Allentown woman hadn't had a mammogram (breast cancer screening) in more than two years. "I had put it off because I was out of work, didn't have health insurance, and my prior mammograms were OK," Cardenales says.

Rivera told Cardenales how to get a free mammogram at a Community Health and Wellness Center health fair. The screenings are part of the health network's partnership with the National Cancer Institute's



Community Cancer Centers Program. The health network also partners with the Allentown Health Bureau to provide free mammograms at Breast Health Services to women who need them most.

### A potential lifesaver

A free screening may have saved Cardenales' life. It revealed a suspicious spot on her breast, and a follow-up biopsy confirmed she had breast cancer. "I was upset with myself for putting off my mammogram for two years," Cardenales says.

From the moment her mammogram showed something suspicious, Cardenales received support from nurse navigator Maritza Chicas, RN.

With Chicas' guidance, Cardenales scheduled an oncoplastic surgery. That meant surgical oncologist Lori Alfonse, DO, performed a mastectomy (removal of her breast), and plastic surgeon Marshall Miles, DO, reconstructed her breast all during the same procedure. Because the cancer was caught early, Cardenales did not need follow-up radiation or chemotherapy.

### Support after treatment

After surgery, Chicas helped Cardenales find a dietitian to help her manage both her cancer and diabetes. Chicas also linked Cardenales with a physical therapist to help manage swelling (lymphedema) she experienced after surgery. Patient navigators like Chicas also link patients to community resources and services such as financial counselors, genetic counseling and support groups.

"Women are so busy working and caring for their families, they don't put themselves first," Chicas says. "That's where I come in. There are no excuses for ignoring your health—not when I can help you get the care you need."

It's a lesson Cardenales has learned. "I thank God my cancer was caught while it was still treatable," she says. "Maritza was there for me anytime I had a question, or if I just needed someone to talk to about what to expect. I am grateful."

### What is NCCCP?

Lehigh Valley Health Network's Cancer Center partners with the National Cancer Institute's Community Cancer Centers Program (NCCCP) to deliver superior quality and coordinated cancer care, bring the nation's newest treatments to our patients through clinical trials, and decrease barriers to care in our community.



## TAKE CHARGE NOW

- **Get a mammogram** at the health network's Breast Health Services. Call **610-402-CARE** to schedule one.
- **Attend 'I Pink I Can' on Oct. 4 at Lehigh Valley Hospital-Cedar Crest.** Hear directly from breast cancer experts at this free program. See page 17 for details and call **610-402-CARE** to register.
- **Learn more about cancer care and the Community Health and Wellness Center.** Visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).

## DOS & DON'TS FOR

# Researching Health Online

Find the most trustworthy information

### The Internet is brimming with health information.

But not every website is respected or accurate. Lehigh Valley Health Network internal medicine doctor James Wertz, DO, helps separate the scientifically sound from the misleading:



#### DO Visit reputable websites.

"Ask your doctor what sites are dependable, or visit those ending in .edu, .gov and .org," Wertz says. These include:

- Government-sponsored websites (like the National Institutes of Health and Centers for Disease Control)
- Websites affiliated with health networks, universities or medical journals
- Prominent health organizations (like the American Cancer Society or World Health Organization)
- Well-known support groups (including the National Fibromyalgia Association).



**DO Make sure they are current and properly reviewed.** Most legitimate websites post when they were last updated and whether information was reviewed by board-certified physicians or a medical panel.



#### DO Use them for preventive health information.

"The Internet is great for learning how to eat right, stay well and ward off disease," Wertz says. "But it can't provide clinical guidance or replace your doctor when you have a medical condition."



#### DO Share what you find with your doctor.

"I encourage my patients to bring in information they've read, and we'll discuss it," Wertz says.



#### DON'T Visit "red-flag" sites.

"Avoid those that ask for credit card information or hawk products, services or procedures," Wertz says. Also avoid:

- Sites featuring medical blogs written by nonmedical experts
- Sites that charge for an online diagnosis
- Sites offering free medication for filling out questionnaires



#### DON'T Believe everything you read.

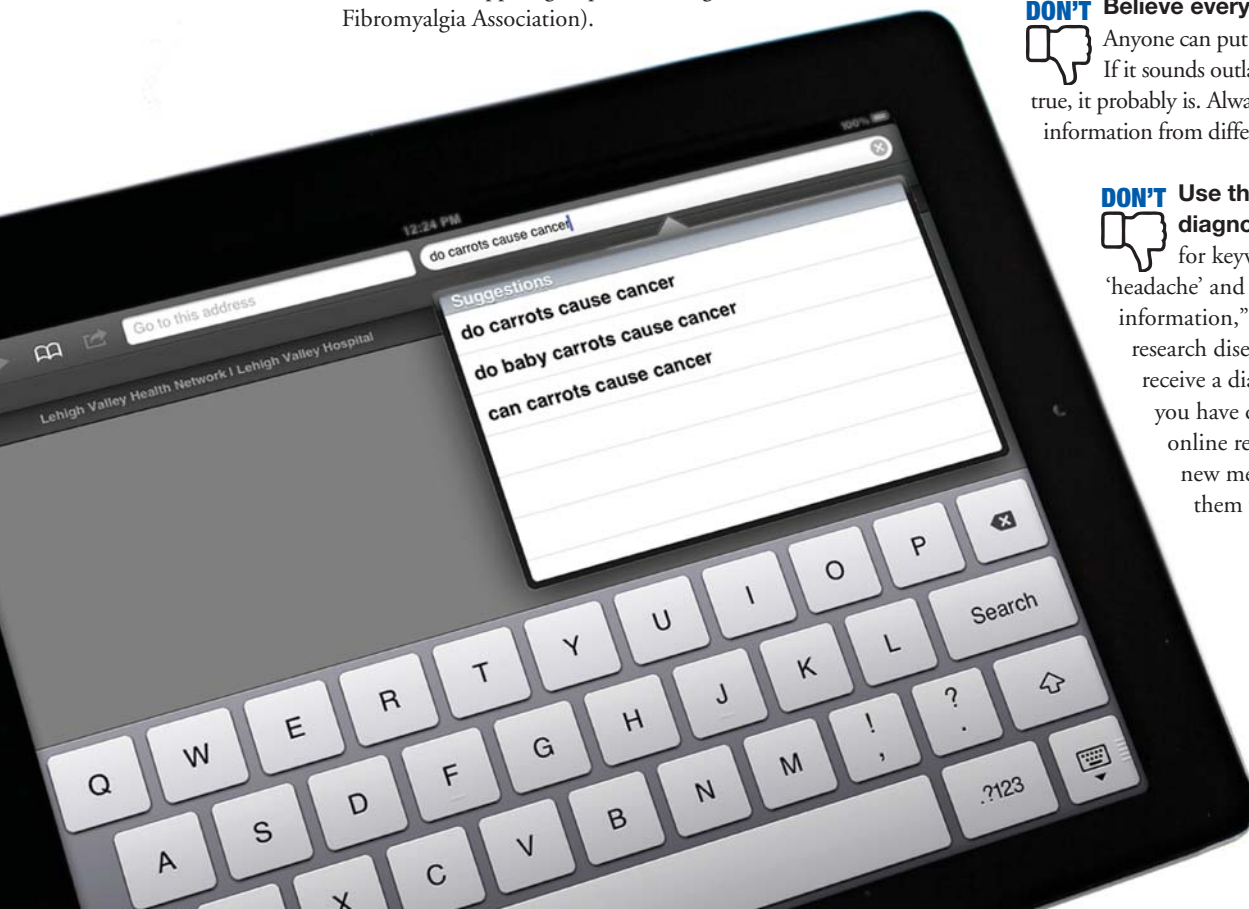
Anyone can put anything on the Internet. If it sounds outlandish or too good to be true, it probably is. Always contrast and compare information from different sites to find the truth.



#### DON'T Use the Internet to self-diagnose.

"People often search for keywords like 'tumor' or 'headache' and get all kinds of scary information," Wertz says. "Wait to research diseases online until you receive a diagnosis, not before." If you have questions during your online research or learn about new medical procedures, discuss them with your doctor.

**Next Step:** For health information you can trust, visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).





# Get Moving After You Fall

It helps you recover faster

If you've ever taken a hard fall, you know it can cause painful injuries. It's especially true for older adults. Yet the best way to recover from such a fall is to get moving again.

"There is a fear factor to moving again, especially if your fall caused significant damage," says family medicine doctor James Manley, DO, with Lehigh Valley Health Network. "It may hurt to move, but getting up as early as possible is beneficial." That's because not moving diminishes your muscle tone and balance, which slows your healing and raises the odds you'll fall again.

The key to recovery is to get moving safely. A physical therapist can help you set appropriate limits while you strengthen your muscles. Depending on the type of fall, an assistive device such as a cane or walker also can help you recover faster.

## Prevent falls

One in three Americans age 65 and over falls each year. While some falls are accidents, others are due to preventable problems, such as poor vision, strength and balance issues, medication side effects or hazards in the home. These five tips can help you prevent a fall.

**Next Step:** Learn to prevent falls and get free health screenings at the 50+ Wellness Expo on Oct. 13. Learn more on page 17, visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou) or call 610-402-CARE.

1

### Make your house safe.

Most falls occur at home. Some simple safety tips—make sure walking paths are clear of furniture and improve lighting in dark areas.

Handrails on stairs and grab bars in bathrooms also help.

2

### Avoid quick movements and turns.

Think before you pop up from your chair too quickly or pivot suddenly. Both can cause unsteadiness.

3

### Exercise regularly.

It helps improve your balance, strength and flexibility.

5

### Be extra careful outside the home.

Curbs, uneven ground and slippery sidewalks can take anyone by surprise. Always be aware of your surroundings.

4

### Review your medications with your doctor.

He can let you know of any potential side effects that may cause balance issues. Also ask him to check your eyesight if you are having any vision problems.

**When Liz Fulmer** fell in a bicycle accident two years ago, she pushed herself to get better while making sure to avoid re-injury. Today Fulmer, 53, of Allentown, is back on the golf course.



# Take Charge of Heart Disease

Tips, hints and support to help you manage your health

## Use HeartAware to Know Your Risk



**Clare Hassick** (left) of Coopersburg learned more about heart disease thanks to HeartAware nurse Kay Cogan, LPN.

**Like a hungry lion stalking its prey, heart disease can sneak up on you.** The first sign of heart disease can be a life-threatening heart attack. That's the bad news.

The good news—you can prevent heart disease. The first step is a simple, free test on Lehigh Valley Health Network's website called HeartAware. "It takes a few minutes

to complete and could save your life," says Kay Cogan, LPN, the health network's HeartAware nurse.

HeartAware asks you questions about your weight, blood pressure, cholesterol, family history of heart disease and other risk factors. When you complete the test, you'll receive a report about your risk factors and tips on how to be more heart healthy. If you're at risk for heart disease, you're offered a free total cholesterol blood test, an HDL blood test and a free consultation appointment with Cogan. "I enjoy teaching people how to take charge of their heart health," she says.

*When you meet Cogan:*

### **Your height and weight are measured.**

■ **Why it's important:** An elevated body mass index (BMI), a measurement of body fat based on height and weight, is a heart disease risk factor.

■ **How HeartAware helps:** Cogan will teach you how to improve your diet and lower your risk.

### **Your blood pressure is taken.**

■ **Why it's important:** A healthy blood pressure is less than 120/80. High blood pressure (hypertension) can cause a heart attack or stroke.

■ **How HeartAware helps:** If your blood pressure is between 120/80 and 140/90 (known as pre-hypertension), Cogan will suggest lifestyle changes such as diet and exercise that may help lower blood pressure.

### **Your blood test results are reviewed.**

■ **Why it's important:** Keeping your total cholesterol below 200 and your good cholesterol (HDL) above 40 for men or 50 for women reduces your risk.

■ **How HeartAware helps:** You'll learn ways to lower total cholesterol and raise HDL.

### **You learn about heart disease risk factors.**

■ **Why it's important:** In addition to high blood pressure, high cholesterol and being overweight, diabetes, smoking, stress and inactivity can cause heart disease.

■ **How HeartAware helps:** It connects you with specialists who will help you control diabetes, stop smoking, lower stress and exercise.

If Cogan determines you're at an elevated risk for heart disease, you'll be given the option to follow up with your primary care physician or be referred to a HeartAware physician.



## Use Clare Hassick's 5 Tips

When Clare Hassick of Coopersburg completed HeartAware and saw her blood test results, she was surprised. "My cholesterol was 45 points higher than it was two years ago," says the 55-year-old dental hygienist. Together with Cogan, Hassick developed a plan. She started exercising and eating healthy, lost 10 pounds and has increased her stamina when working, walking and cleaning her church as a volunteer. Her five tips for others:

### 1 **Mix up your exercise routine.**

She walks at lunch, rides a stationary bike, lifts weight and exercises with a workout video.

### 2 **Stagger your workouts.**

If you can't exercise for 30 consecutive minutes, do 10 minutes in the morning, afternoon and evening—no excuses.

### 3 **Weigh yourself daily.** Some doctors say to do it less often, but Hassick says, "It keeps me focused."

### 4 **Set realistic goals.** "People want to look like magazine models, but that's not realistic" she says. "My goals are to be healthier and have more energy."

### 5 **Get up from the dinner table.** It prevents Hassick from being tempted to take seconds. She also uses a small plate and fills it with fruits and vegetables.

### CLARE'S BONUS TIP

Brush your teeth and floss regularly to fight gum disease, a condition some studies link to heart disease.



## TAKE CHARGE NOW

- **Take the free HeartAware test.** Visit [lvhn.org](http://lvhn.org) and click on the heart wearing headphones, or call **610-402-CARE** for a paper version of the test.
- **Exercise your heart.** Sign up for our Healthy You Program Package. See more on page 19 or call **610-402-CARE**.





LUANN  
DAILEY



CARLA  
STAUFFENBERG

## The People You'll Meet in a 'Medical Home'

These health professionals will help you

**The “patient-centered medical home”—an exciting new concept in primary care—is where health professionals work as a team to manage your care and head off potential problems.** It's especially important if you have a chronic disease such as diabetes that requires vigilant monitoring.

Your primary care provider is a key member of the medical home team, and many other health care professionals perform vital roles. Here are four examples of the medical home team in action across Lehigh Valley Health Network:

### LUANN DAILEY

**Medical records clerk, Lehigh Valley Physicians Practice, Allentown**

My mother and I both have diabetes, and I know that without proper care, you can go blind. So when I learned many of our diabetes patients weren't getting follow-up eye exams, I was happy to be part of a project to improve those numbers. We now put notes on patient charts identifying people who need eye exams. This lets our doctors immediately order an eye check for people who are overdue for one. With this new system, we've more than doubled the number of patients getting eye exams.



# CATHY ZIEGENFUSS



# DONETTE BULTED



## CARLA STAUFFENBERG

**Certified medical assistant, Internal Medicine of the Lehigh Valley, Salisbury Township**

Patients from our practice don't necessarily know what they'll need after they are hospitalized. So I make sure they do—and that their needs are met. For example, some medications patients receive in the hospital may not be covered by their insurance once they are home. So I educate our patients about things like Medicare Part D, supplemental insurance or other ways to get their medication costs covered. I also talk with facilities like nursing homes and rehab hospitals to coordinate care if needed after a hospital visit. I educate patients on topics like diabetes, and will even help arrange transportation to doctors' appointments for people who need it most. This helps our patients feel better at home and stay out of the hospital.

## CATHY ZIEGENFUSS

**Triage nurse, Riverside Family Practice, Laury's Station**

If one of our patients needed a foot exam to prevent complications due to poor circulation, we took for granted that he went to a podiatrist on his own. But patients weren't doing that. Some patients felt it was one too many doctors; others thought foot exams were embarrassing. So we made them more fun. My husband—a graphic artist—worked with me to create a big, colorful foot out of poster board. My colleagues copied the design and plastered the feet—festooned with jewels and toenail polish—along with the catchphrase “Expose Your Toes for Diabetes.” We put these posters in exam rooms. Now more than half of the patients who need a foot exam receive one in our office. We've also created other educational opportunities for people with diabetes.

## DONETTE BULTED

**Certified medical assistant, Muhlenberg Primary Care, Bethlehem**

We want to make sure our patients know we are concerned about their health once they leave the hospital. So we call our patients 24 to 48 hours after they leave the hospital. We make sure they have all the medications they need and that their home and hospital medications are reconciled. We also make sure they have a follow-up appointment with their primary care doctor and a specialist, and arrange for devices like walkers if needed. In our office a nurse, medical assistant and doctor work as a team to deliver timely care. And when a patient comes back for a follow-up appointment, we're familiar with the care she has received in the hospital.

***Next Step:** Learn more about medical homes. Visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou) or call 610-402-CARE.*



# Take Charge of Diabetes

Tips, hints and support to help you manage your health



Roughly 1 in 4 Americans has prediabetes.

## I Have Prediabetes. Now What?



You just had a fasting glucose test to measure your blood sugar. Your primary care doctor says you have “prediabetes.” What does that mean? And more importantly, can you do anything to prevent it from turning into type 2 diabetes?

### What it is

Prediabetes is when your blood glucose levels are higher than normal, but not high enough to be considered diabetic, says endocrinologist Marc Vengrove, DO, with Lehigh Valley Health Network. While prediabetes may not sound like a big deal, it is.

“People with prediabetes generally have metabolic syndrome, which is associated with hypertension (high blood pressure), obesity, high cholesterol and other risk factors for heart disease,” Vengrove says.

### Know if you have it

The American Diabetes Association estimates that as many as 79 million people (roughly 1 in 4 Americans) has prediabetes. You should be tested for prediabetes if you have:

- High blood pressure
- Low HDL (good) cholesterol and high triglycerides
- Family history of diabetes
- History of gestational diabetes
- Had a baby that weighed more than 9 pounds
- Are African-American, Mexican-American, American Indian, Native Hawaiian, Pacific Islander or Asian-American

### Make the turnaround

The good news—prediabetes can be reversed if you take charge now. “You need to make a commitment to change your lifestyle,” says health network weight-loss physician (bariatrician) Harpreet Singh, MD. “It’s the only way to prevent full-blown diabetes and other, more dangerous health problems.”

Reversing prediabetes may be easier than you think. Studies have shown that losing 5-10 percent of your current body weight and exercising for 30 minutes a day (with a brisk walk, for example) will help ward off diabetes.

A medication called metformin also can be started if diet and exercise don’t prevent a gradual rise in blood glucose levels—but it’s not a silver bullet. “Studies continue to confirm that weight loss and exercise decrease the progression of diabetes much more effectively than medication,” Vengrove says.

### Seek help if needed

If you’re not sure how to get started, a weight-loss doctor like Singh can provide guidance. “Whether you are 15 pounds or 150 pounds overweight, I can take you through your food choices, assess your activity level and give you suggestions that will make a difference,” she says.



**TAKE CHARGE NOW**

- **Find a primary care doctor.** Visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou) or call 610-402-CARE.
- **Learn more about weight-loss programs.** Turn to page 19.
- **Join the conversation.** Follow Lehigh Valley Health Network at [facebook.com/lvhealthnetwork](https://www.facebook.com/lvhealthnetwork) and [twitter.com/lvhn](https://twitter.com/lvhn).



# What That Stethoscope Tells Your Doctor

Specific sounds reveal how you feel

**As medical devices go, the stethoscope is remarkably low-tech: Standard models have no electronics—not even a battery.** Yet this 19th-century acoustic instrument remains crucial to modern health care. “It’s become the symbol of medicine in general,” says family medicine physician Robert Budinetz, MD, with Lehigh Valley Health Network.

A disk at the end of a flexible tube holds a flat diaphragm on one side and bell-shaped hollow cup on the other. “The diaphragm picks up higher frequencies, and the bell picks up lower,” Budinetz says. “Together they provide a lot of information about what’s going on inside your body.” Here’s what your doctor often listens for:

**Heart:** Opening and closing valves, blood flow, contraction of the heart muscle—all are audible. “We’re listening for abnormal sounds like extra beats and murmurs,” Budinetz says. For example, a swishing sound accompanying the “lub-dub” of the heartbeat indicates turbulence that could be caused by a valve problem.

**Blood pressure:** The cuff used during a blood pressure reading cuts off blood flow and releases it while indicating pressure on a gauge, but sounds through the stethoscope (tucked under the cuff) determine your reading. “The point at which blood flow becomes audible after release establishes the higher, systolic number,” Budinetz says. “The point at which sound drops off with normal flow establishes the lower, diastolic number.”

**Arteries:** The sound of turbulence—known as a bruit—in the carotid artery of the neck can sometimes indicate poor blood flow to the brain and risk for a stroke. Bruits elsewhere can indicate problems such as an aneurysm.

**Abdomen:** Sometimes silence is more alarming than sound. Stomach groans and gurgles can indicate a normal movement of air and material through the digestive system. “Hearing nothing makes me worry about a bowel obstruction, especially if you haven’t had bowel movement recently and the abdomen is distended,” Budinetz says.

**Lungs:** Taking a deep breath lets your caregiver hear the extended movement of air through bronchial passages. Good, clear sounds indicate clear breathing. Wheezing could indicate fluid due to infection. Certain sounds also can suggest problems such as asthma, COPD or congestive heart failure. And silence is not golden. “Hearing nothing means a lung has collapsed,” Budinetz says.

**Next Step:** Find the right doctor for you.  
Visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou) or call 610-402-CARE.



# YOUR GUIDE TO A Healthy YOU

**Take charge of your health**—Sign up for these individual classes and support groups to learn more about staying well. **See page 19 for the Healthy You Program Package.** Registration is required and must be received at least one week prior to class start. You'll get a refund if a class is canceled due to low enrollment.

## What's New

For details and to register, call 610-402-CARE.

### Community Research Education Week

Learn the how, why, benefits and risks of research studies. Discover questions to ask before you participate in a research study. Registration required; includes light snacks. **FREE**

- **Sept. 27: 2-4 p.m.**  
At LVH—Cedar Crest, Employee Auditorium
- **Sept. 27: 5:30-7:30 p.m.**  
At LVH—Cedar Crest, Kasych Family Pavilion

### Healthy Mondays

Health education (materials in English and Spanish) along with free screenings for cancer and other health conditions. **FREE**

- **Sept. 17, Oct. 15: 4-6 p.m.**  
At LVH—17th Street, Community Health and Wellness Center

### Helwig Health and Diabetes Center Community Event

Annual event for patients with type 2 diabetes. Learn the latest information and tips on managing your lifestyle. **FREE**

- **Nov. 4: 12:30-4 p.m.**  
At LVH—Cedar Crest

### Home Safety and Aging

An occupational therapist provides tips to help you safely manage in your home in order to maintain your independence. **FREE**

- **Oct. 16: 2 p.m.**  
At LVH—Cedar Crest

### Honoring the Journey Home

The latest in the Jahna Haldeman-Foland Memorial Series focuses on caring for veterans living with complex and life-changing issues. A presentation will follow a veterans' celebration and reception.

- **Nov. 12: 4 p.m. celebration; 6 p.m. educational presentation**  
At LVH—Cedar Crest

### I Pink I Can

A breast health awareness event featuring information on 3-D mammography, hormone replacement therapy, genetics and other current topics. A Q&A session will follow.

- **Oct. 4: 6:30 p.m.**  
At LVH—Cedar Crest

### Legacy Project

For all who have completed active cancer treatments, learn how to create a Family Heritage Book and a personal Legacy of Love document as gifts for those you love. Seven weekly sessions.

- **Starting Sept. 13: 6 p.m.**  
At LVH—Cedar Crest

### Respiratory Rally

For those affected by chronic lung disease, their families and caregivers, learn better ways to manage lung conditions. Medical experts provide education, exhibits, useful resources and testing. In partnership with American Lung Association. **FREE**

- **Sept. 29: 8:30 a.m.-1 p.m.**  
At LVH—Muhlenberg

### 17th Annual Parkinson's Patient and Caregiver Symposium

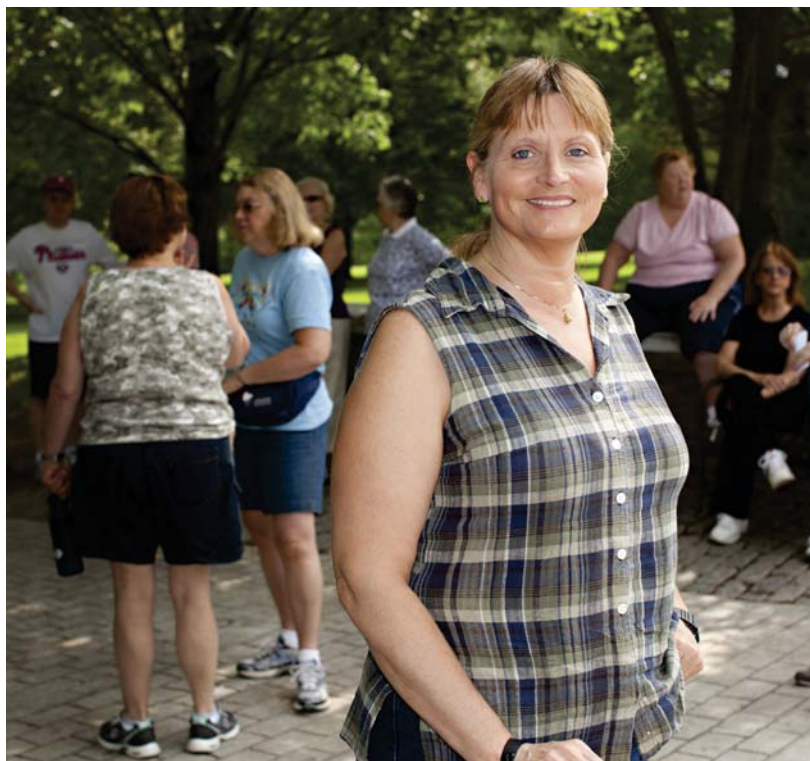
Get answers to your questions and learn all the most current information on Parkinson's treatment and research.

- **Sept. 15: 8:30 a.m.-2:15 p.m.**  
At LVH—Cedar Crest

### 50+ Wellness Expo

Join us for a day of promoting health and preventing falls. Also includes free health screenings, flu shots, raffle, giveaways and healthy snacks. **FREE**

- **Oct. 13: 9 a.m.-1 p.m.**  
(presentations at 9:30 a.m. and 10:30 a.m.)  
At LVH—Cedar Crest



## 'It stimulates all my senses'

Theresa Reabold walks every day on her lunch break. She also goes horseback riding and line dancing on weekends. Looking for a new challenge, she found the perfect fit in Get Out! Lehigh Valley, a healthy outdoor activity program sponsored by Lehigh Valley Health Network and the Wildlands Conservancy. "The nature hikes sounded interesting and a great way to meet people," says Reabold, 49, of Palmerton.

Get Out! Lehigh Valley promotes a healthier community through activities like hiking, cycling and paddling in area trails, parks and rivers. "It's great exercise," Reabold says. Her favorite part is listening to the naturalist who guides the hikes. "He brings nature and history together in a way that is mentally stimulating," she says.

### Get Out! Lehigh Valley:

- Offers many physical and mental health benefits, including weight control, a reduced risk for a variety of diseases, stress reduction and increased self-esteem.
- Sponsors activities. See page 20 for a list of upcoming events.
- Visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou) or call 610-402-CARE for registration details.



## 'I can breathe again'

Months before Richard Check made medical history at Lehigh Valley Health Network, he had trouble walking a few yards without resting. But on May 16, the 72-year-old Bethlehem man became the region's first person to have his heart's aortic valve replaced with a less-invasive procedure called transcatheter aortic valve replacement (TAVR).

Check, who has chronic lung disease and previously had heart bypass surgery, was considered too high-risk for open-chest surgery. But a new FDA-approved Edwards SAPIEN valve provided a new option. A team of health network interventional cardiologists and heart surgeons implanted the valve through a small incision in the groin, and hours later Check was walking the length of the hallway outside his hospital room. Today, Check is feeling better, meticulously manicuring his lawn again and breathing a sigh of relief that one of the nation's first hospitals approved to implant the valve is close to home.

### Lehigh Valley Health Network:

- Home to the region's only hybrid OR, combining operating room and cardiac catheterization lab imaging and treatment equipment
- Leads Pennsylvania in heart surgery quality
- Performs the most heart surgeries in the area
- Has used minimally invasive valve techniques for more than a decade

## Coping With Illness

For details and to register, call 610-402-CARE.

**Crohn's Disease and Ulcerative Colitis Support Group**—From the Crohn's and Colitis Foundation of America.

- Meets second Sun. of month  
At LVH—Muhlenberg

**Joint Replacement Prep**—What to expect for knee or hip replacement. **FREE**

- Sept. 26, Oct. 2, Oct. 24, Nov. 6

**Kidney/Pancreas Transplant Information Session**—If you would like more information about kidney and pancreas transplants, attend one of our free information sessions.

For details, call 610-402-CARE.

**Parkinson's and Multiple Sclerosis Get Up and Go**—Balance, stability and fall prevention exercises; group games, lectures and more to enhance movement outcomes.

- Mon. and Thu.: 10:30-11:30 a.m.  
At 1243 Cedar Crest Blvd.
- Mon. and Thu.: noon-1 p.m.  
At 1770 Bathgate, Bethlehem

**Parkinson's Support Group**—

- Meets fourth Tue. of month  
At LVH—Muhlenberg

**Preoperative Spine Class**—Information to help you prepare for your hospital experience and post-hospital recovery. **FREE**

- Sept. 18, Oct. 3, Oct. 16, Nov. 7

**Stroke Support Group**—To help deal with life's challenges after a stroke, meet with health care professionals and others experiencing the same emotional and physical issues.

- Meets first Tue. of month  
At LVH—Cedar Crest

**Transplant Support Group**—

- Meets first Sun. of month  
At LVH—Cedar Crest

**Bereavement Support Services**

Bereavement Care Workshop

Grief Process Groups

Individual, Family and Couples Counseling

Ladies Lunch Club

Spiritual-Based Adult Grief Support Group

Stepping Stones for Children

**For Cancer Patients**

Adolescent Support Group **FREE**

Lehigh Valley Chapter of the National Ovarian Cancer Coalition **FREE**

**Look Good...Feel Better**

Makeover to understand and care for changes to skin during cancer treatment and to boost self-confidence. **FREE**

- Oct. 15, At LVH—Muhlenberg
- Nov. 19, At LVH—Cedar Crest  
With the American Cancer Society

Lymphedema Support Group **FREE**

Men Facing Cancer **FREE**

Metastatic Breast Cancer Support Group **FREE**

- Meets second Mon. of month

**For Multiple Sclerosis Patients**

Lunch-n-Learn Series

Biofeedback—Nov. 19

Pain Management

- Oct. 15, Nov. 19  
At LVH—Cedar Crest

## Screenings

For details and to register, call 610-402-CARE.

**Clinical Breast Exams and Pap Tests**—for uninsured women **FREE**

- Weekly 8:30 a.m.-4 p.m.  
Appointment is necessary.  
Call 610-969-2800. Sponsored by the Community Health and Wellness Center in collaboration with the Allentown Health Bureau

**Rapid HIV Testing** **FREE**

Free, anonymous and confidential.

- Mon.-Thu.: 9 a.m.-3 p.m.
- Fri. by appointment  
At LVH—17th

**Lung Cancer**

Appointments necessary. Call 610-402-CARE.



## Raising a Family

For details, registration or to receive a copy of our programs flyer, call **610-402-CARE** or [lvhn.org/healthyyou](http://lvhn.org/healthyyou).

### Welcome

- Pregnancy 101
- Expectant Parent Tour
- Sibling Tour—My Baby and Me

### Preparing for Childbirth

- 4-week evening series
- Weekend—One-Day; Fri.-Sat.; Sat.-Sun.
- On the Internet
- Refresher
- Teens Only

### Preparing for Baby

- Baby Care
- Breastfeeding Baby
- Becoming New Parents Workshop—Sept. 12

### Staying Safe

- Babysitting—Safe Sitter
- CPR—Safe Sitter Student

- CPR—Family and Friends
- Safe Ride—Car Seat Safety—Certified technicians show how to correctly install car seats and secure children. **FREE**

### After-Delivery Support

- Monday Morning Moms—Beyond Birth
- Postpartum Support—Understanding Emotions After Delivery

### Parenting Series

Five-week course based on the “Redirecting Children’s Behavior” philosophy to become a more effective, calmer parent.

- Starting Oct. 11

### Parenting Workshops

- Secrets to a Stress-Free Morning—Sept. 19
- Managing Power Struggles—Oct. 16

## Protecting Your Health

For details and to register, call

**610-402-CARE.**

### Cessation, What Works?

How to succeed in beating tobacco addiction. **FREE**

- Sept. 11

### Tobacco Treatment Program

12-month program of individual counseling and ongoing support.

### Partnership for Tobacco-Free Northeast

- Tobacco treatment services available for individuals and businesses

### CPR

- Adult Heartsaver AED
- Heartsaver Adult First Aid
- Heartsaver CPR—Pediatrics
- Heartsaver Pediatric First Aid

## Healthy You Program Package

The Total Group Fitness Package is a NEW way of offering you a variety of classes all under one package. This will allow you to take as many classes as you would like on a monthly basis. Call 610-402-CARE for more information. See a list of class locations and descriptions at [lvhn.org/healthyyou](http://lvhn.org/healthyyou). Now offering classes at four different locations.

### Includes these classes (\$36/month)

Age-Proof Workout  
Belly Dance  
Boot Camp  
Cardio Cross-Training  
Cardio-Strength Combo  
Chisel  
Core n More  
Cycle Express and Power  
Cycling  
Energizing Yoga  
Exercise for Life  
Interval Express  
Kettlebells  
Kickbox Jam  
Line Dancing  
Relaxing Yoga  
Staying Strong  
Tai Chi  
Very Gentle Yoga  
Yoga Basics  
Yogalatte  
Zumba

Offering a 5% Vitality Plus discount on package.

### SESSION CLASSES

#### Aqua-New

Water exercise for posture, balance, strength and confidence.

- Starting Sept. 11

#### Funtastic Fit Kidz

Fun, game-based activities for children ages 6-12 to promote healthy lifestyles through physical activity.

- Starting Tue. and Thu., Sept. 11, 13

## Managing Your Weight

For details and to register, call 610-402-CARE.

### Bariatric Medicine Information Night

Learn about bariatric medicine’s specialized physical-monitored weight-loss programs to help you reach your weight-loss goals without surgery. **FREE**

- Oct. 15

### Drop 10 in 10

Group-based 10-week weight management program to help you lose 10 pounds (or 10 percent) of body weight through nutrition, exercise and behavior.

### Weight-Loss Surgery

Surgery Information Night—What to expect. **FREE**

- Sept. 25, Oct. 11, Oct. 30, Nov. 8

Monthly Support Group—Support and information on weight-loss surgery. **FREE**

- Oct. 3, Nov. 7

### Weight Management Services Individual

Nutrition Counseling—Assessment, body-fat analysis and goal-setting.

### Nutrition Counseling/Metabolism Body Composition Test—

Counseling plus personal metabolism test and interpretation.

### Six-Month Supportive Weight Loss Program—

Individualized expert-level care for nutrition, behavior and fitness.

### Group

Eat Well for Life—Learn healthy food choices for weight management.

Part 1 starting Oct. 8

Part 2 starting Nov. 5

## Living With Diabetes

For details and to register, call 610-402-CARE.

Our team will work with you and your physician to design a program to fit your needs.

We provide education for:

- Pre-diabetes
- Type 1 and type 2 diabetes
- Gestational diabetes

We will help you learn more about:

- Healthy eating
- Being active
- Using a meter to test your blood sugar

- Medication
- Reducing risks

We also offer:

- Insulin pump training
- Continuous glucose monitoring
- Support groups for adults and children

### Insulin Pumps

Support and information for adults with diabetes using insulin pumps and continuous glucose monitors

(CGMs). Opportunity to discuss concerns and topics of interest. **FREE**

- Oct. 1

### Sweet Success

Monthly support group for adults with type 2 diabetes. **FREE**

Technology and Diabetes—Sept. 20  
Q & A With the Doctor—Oct. 18

### Sugar-Free Kids

Monthly support group for children with type 1 diabetes. **FREE**

## Caring for Mind and Body

For details and to register, call 610-402-CARE.

### Anti-Aging Mineral Makeup Seminar

Learn how advanced mineral makeup and antioxidants can nurture your skin. **FREE**

• Nov. 13

### Corrective and Protective Skin Care

Seminar focuses on skin problems of aging and solutions for your skin type. Products and ingredients reviewed. **FREE**

• Oct. 16

### Cosmetology Services

Skilled licensed professionals offer skin care and nail care services. Gift cards available.

### Discover Relaxation Within

Ease stress through relaxation techniques.

• Part 1 starting Sept. 18

• Part 2 starting Oct. 16

### Massage Therapy

Medical therapists offer different massage options at various sites.

### Mindfulness-Based Stress Reduction

Internationally recognized program uses meditation and group support. Most insurances accepted.

• Free Info session Sept. 10

• Sessions starting Oct. 1

• Retreat Nov. 10

## Aging Well

For details and to register, call 610-402-CARE.

### Dr. Salerno's College of Knowledge

Geriatric education series on a variety of topics. **FREE**

**Delirium: Causes and Treatment—Sept. 26**

**Psychosocial, Spiritual and Biological Growth—Nov. 14**

### APPRISE Medicare Counseling

By appointment.

• Tue., 10 a.m.-noon

• Fri., 1-3 p.m.

## Around Our Community

For details and to register, call 610-402-CARE.

### Get Out! Lehigh Valley

This healthy outdoor activity program with a Wildlands Conservancy guide connects you to parks, trails, gardens, rivers and more in your community. For details and new dates, go to [www.getoutlehighvalley.org](http://www.getoutlehighvalley.org) or call 610-402-CARE. **FREE**

**Lake Nockamixon Hike**

• Sept. 22: 10 a.m.

**Lehigh Gorge State Park Hike**

• Oct. 6: 10 a.m.

**Trexler Nature Preserve Hike**

• Oct. 27: 10 a.m.

**Bob Rodale Fitness Park Hike**

• Nov. 10: 10 a.m.

### American Heart Association Heart Walk

Join more than 1 million participants in 300+ cities across America to raise funds and take a stand against the country's No. 1 killer—cardiovascular

disease. Your participation can help save lives. **FREE**

• Sept. 23: 8:30 a.m. activities for the whole family; 9:30 a.m. speakers; 10 a.m. walk begins  
At Northampton Community College

### Health Center at Bethlehem Township Open House

Join us for an open house to check out our services. We'll offer free health screenings, refreshments, giveaways, prizes and activities for the whole family. **FREE**

• Sept. 29: 9 a.m.-noon

At 2101 Emrick Blvd., Bethlehem

### Women's 5K Classic 20th Anniversary Event

Health expo includes race packet pickup, wholesome food, health screenings, raffles, support for female cancers and more.

• Oct. 12: 3-7 p.m.

At 501 Cetronia Road, Allentown

• Oct. 13

9 a.m. festivities begin

9:15 a.m. Parade of Champions

9:40 a.m. 10K start

9:47 a.m. 5K run/walk start

9:54 a.m. competitive walk start

(one foot on ground at all times)

10 a.m. Walk in Park start

At Lehigh Parkway, Allentown

### Drive-Through Flu Vaccines

For adults and children 6 months and older. (Children must be accompanied by parent or guardian.) Nonperishable food donations accepted for area food banks and shelters. Please no pets in vehicles. **FREE**

• Nov. 3: 9 a.m.-3 p.m.

At Dorney Park, Allentown

• Nov. 4: 9 a.m.-3 p.m.

At Coca-Cola Park, Allentown

### Ongoing Programs

**Community Exchange**—Create a healthier community. Volunteer time and earn time by exchanging services with friends and neighbors. **FREE**

• Third Mon. of month: 2-4 p.m.

At LVH-17th

• First Wed. of month: 6-8 p.m.

At LVH-Muhlenberg

### Guardianship Support Agency

Work for a local nonprofit with guardianship services.

**Health Insurance for Small Businesses (2-50)**—Educational sessions, including information on consumer-driven health plans, available at your office or Valley Preferred. **FREE**

### Would a Support Group Help?

Dozens of different groups provide comfort and support. **FREE**



A Passion for Better Medicine drives Lehigh Valley Health Network to keep you well. That's why we publish *Healthy You* magazine—to educate you, your family and your community on how to enjoy a healthier life.

We'd love to hear from you. Send your comments to:

#### Healthy You

Attn: Marketing & Public Affairs  
P.O. Box 689  
Allentown, PA 18105-1556  
Call 610-402-CARE (2273) or  
email 402CARE@lvhn.org

#### Publishers

Charles G. Lewis,  
senior vice president,  
external affairs

Susan Hoffman, vice president,  
marketing and public affairs

#### Editorial Manager

Kyle Hardner

#### Medical Editor

Mark Wendling, MD

#### Staff Writers

Matthew Burns, Amy Koch,  
Rick Martuscelli, Gerard  
Migliore

#### Contributing Writers

Amy Hines, Rich Laliberte,  
Sidney Stevens

#### Creative Manager

Teressa Colbaugh

#### Designer & Web Producer

Erin Parrish

#### Web Editor

Kathryn Armstrong

#### Photo Editor & Photographer

Olaf Starorypinski

#### Distribution & Production

Alane Mercer

#### Magazine Coordinator

Alane Mercer

#### Production Assistants

Kathryne Fones,  
Cory Frederick

#### Contributing Advisors

**CANCER CARE** Gregory Harper, MD, Neddy Mack, RN,  
Ann Fatzinger

**CHILDREN'S HEALTH** Debra Bubba, Deanna Shisslak,  
John Van Brakle, MD, Kim Velez

**COMMUNITY HEALTH/EDUCATION** Jennifer Adamski,  
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**402CARE** Susan Bernhardt, Darla Moyer, RN,  
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For information or a referral to any of the professionals featured in *Healthy You*, call 610-402-CARE or visit [lvhn.org](http://lvhn.org)/healthyyou.

Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem and need help finding a physician, call 610-402-CARE (2273) for further assistance.

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Visit Lehigh Valley Health Network's website at [lvhn.org](http://lvhn.org).

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## ‘My doctor is my hero’

Eight-year-old Sarah didn't have to think twice about whom her hero would be for a recent class project. She chose the man who “made her cancer go away,” Lehigh Valley Health Network pediatric hematologist-oncologist Philip Monteleone, MD.

First diagnosed with acute lymphoblastic leukemia at age 5, Sarah spent two years receiving chemotherapy treatments. “They took a toll physically and emotionally,” says Sarah’s mom, Laura McHugh-Neary of Bethlehem. “But Sarah’s face lit up every time she knew she was going to see ‘Dr. Phil.’”

Sarah finished treatment a year ago, and her cancer has been in remission ever since. While she doesn’t see “Dr. Phil” as much as she used to, “she still gets excited every time we go back for a checkup,” her mom says. “It’s not every day she gets to spend time with a hero.”

---

### ***Lehigh Valley Hospital’s children’s care includes:***

- Children’s Hospital at Lehigh Valley Hospital, which encompasses the comprehensive pediatric services developed as the region’s only associate member of the Children’s Hospital Association
  - Pediatric physicians in 28 specialties
  - The region’s only pediatric intensive care unit and highest-level neonatal intensive care unit
  - 71 affiliated general pediatricians
-

Lehigh Valley Health Network  
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# Listen to Your Heart

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